

# TODAYS LESSON

**Title:** Health issues for Australia Youth

**Success Criteria:**

- I can understand key health issues facing Australia's youth — diabetes, asthma, overweight and obesity and injury

**THE HEALTH OF AUSTRALIA'S YOUTH IS EXCELLENT, BUT THERE ARE A NUMBER OF ISSUES THAT REQUIRE ATTENTION.**



- As explored in chapter 1, the health of Australia's youth is generally good. If further improvements to health in this area are to be made, however, the current issues facing Australia's youth must be explored. There are numerous issues that can be improved by either behaviour change or early intervention.

# DIABETES

- **The rates of both type 1 and type 2 diabetes have increased significantly among Australia's youth over the past two decades. The growing incidence of these conditions among youth is of increasing concern among health professionals and the general public, as both of these conditions impact significantly on the health and human development of youth.**

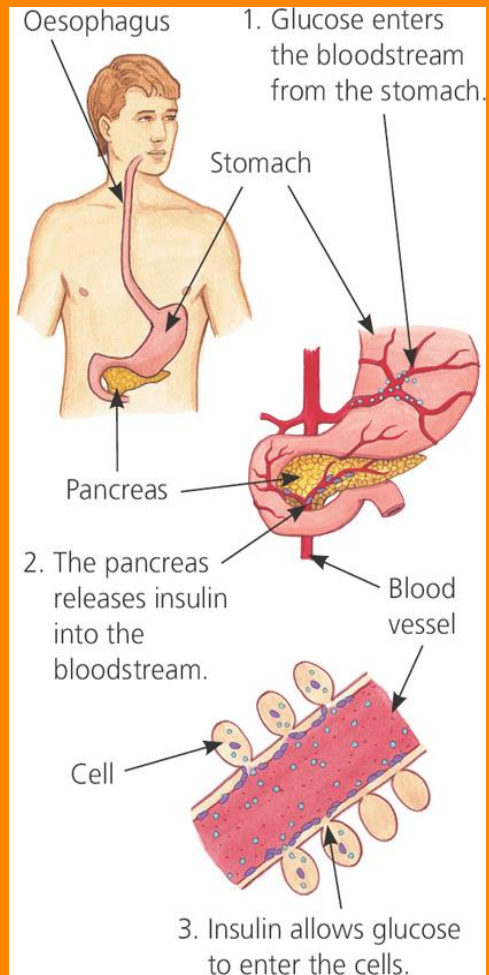
- **Diabetes is characterised by an inability of the cells to use blood glucose. (Glucose is the main source of energy.) There are several types of diabetes but the most common are type 1 and type 2 diabetes.**

- **Type 1 diabetes** (often referred to as ‘insulin-dependent diabetes’ or ‘juvenile diabetes’ in the past) is a condition of the endocrine system where the insulin-producing cells in the **pancreas** are destroyed. Blood glucose levels must be continually monitored and insulin administered for steady blood glucose levels to be maintained. The rates of type 1 diabetes have increased over the years in Australia's youth.

- **Type 2 diabetes usually occurs in older people and is associated with various lifestyle factors such as being overweight or obese, or physically inactive. Type 2 diabetes is characterised by the body producing insufficient insulin or producing insulin that is not effective ('insulin resistance'). Although type 2 diabetes usually occurs in older people, the increasing rates of obesity among younger Australians have resulted in higher rates of type 2 diabetes occurring in this group.**

- When foods are eaten, the pancreas secretes insulin into the bloodstream. The insulin acts like a key and opens up a part of the cell that lets the glucose in (figure 5.2). If insulin is not present, the glucose cannot be converted to energy to be used by the cell and instead stays in the bloodstream. High blood glucose levels lead not only to low levels of energy but can also cause damage to body organs such as the eyes and kidneys.





**FIGURE 5.2** Insulin allows blood glucose to enter the cell.

# CASE STUDY- DIABETES

# ASTHMA

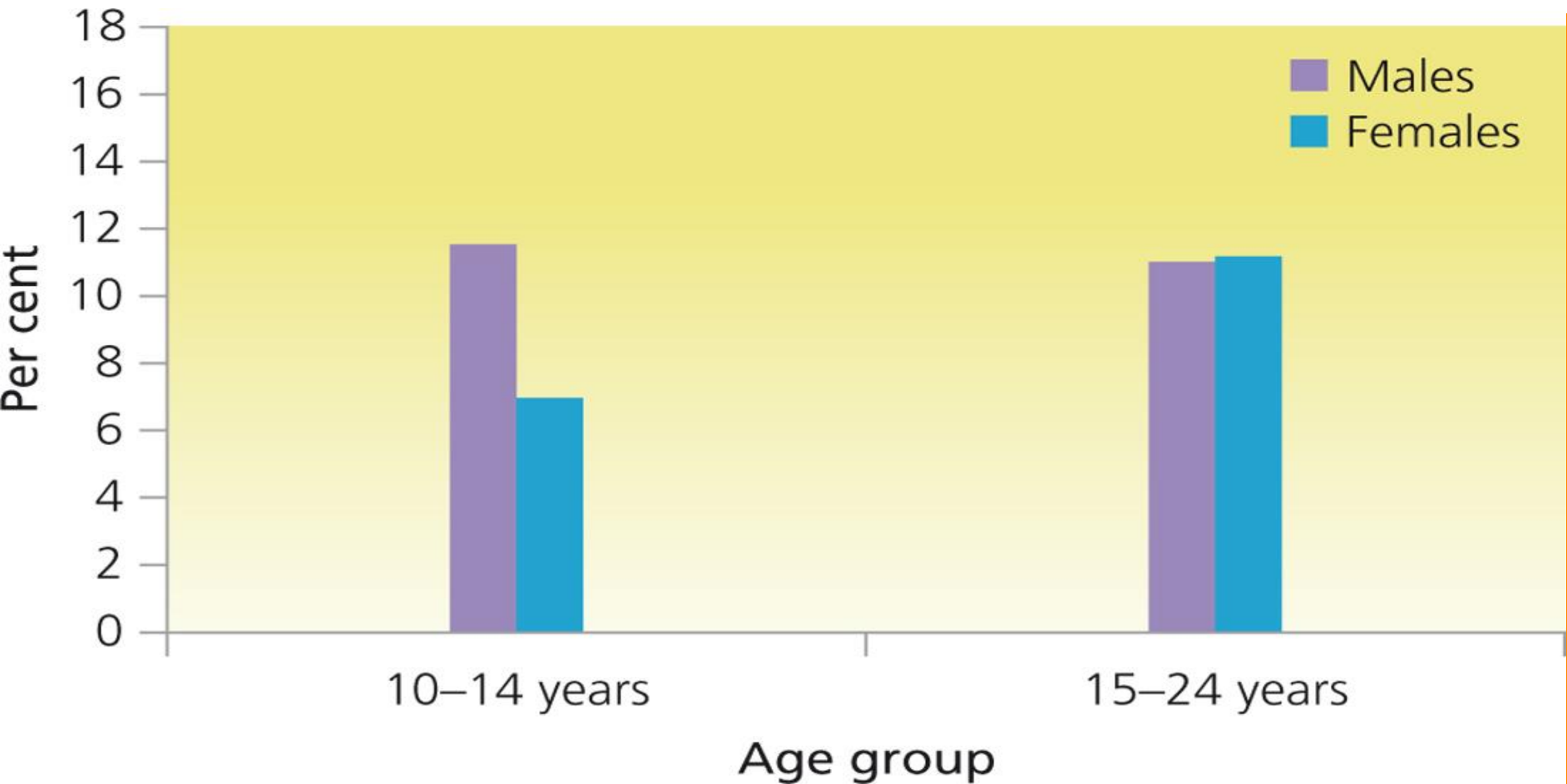
- Asthma is an issue for youth as it is the most commonly reported long-term condition among this age group in Australia and is the second largest contributor to burden of disease among 10–19 year olds.



- Asthma is a chronic condition characterised by a narrowing of the air passages, causing difficulty in breathing. It was designated a National Health Priority Area (NHPA) in 1999 as a result of the impact the condition has on the lives of many Australians. Although asthma can and does cause death (411 deaths in 2009), its main contribution to the overall burden of disease in Australia is through the years lost due to disability (YLD).

- **Australia has the highest asthma rate in the world, and young people suffer higher rates than older people (figure 5.3), although more deaths occur in the older population. The rates of asthma for young Australians are shown in figure 5.4.**

**FIGURE 5.4 PREVALENCE OF ASTHMA IN  
YOUNG PEOPLE AGED 10–24 YEARS,  
2007–08**



# OVERWEIGHT AND OBESITY

- The percentage of overweight and obese children and youth has more than doubled over the past two decades and continues to increase. The Obesity Society in 2008 estimated the current levels of overweight and obesity among Australian youths to be around one in four.

- The effects of obesity on youth can have lifelong implications and contribute to many leading causes of death among adults, such as cardiovascular disease, some cancers and type 2 diabetes. If the youth carries the extra weight into adulthood, the risk of developing these conditions continues to increase. In the short term, youth can suffer from psychological distress, cardiovascular disease and type 2 diabetes.



- **The increased prevalence of overweight/obesity among youth is due to the combination of changes to food intake and the development of sedentary lifestyles.**



# WATCH

- <http://www.youtube.com/watch?v=mXs2vP8w1lw>

**FIGURE 5.6 YOUNG, INEXPERIENCED DRIVERS ARE MORE LIKELY TO BE INVOLVED IN CAR ACCIDENTS.**



- **The National Physical Activity Guidelines recommend that young people participate in at least 60 minutes of moderate to vigorous physical activity every day. Examples of moderate exercise include medium-paced cycling, swimming and brisk walking. Examples of vigorous exercise include jogging and basketball.**
- **Do you adhere to these guidelines???**

# INJURY

- Injury' is an umbrella term that refers to a range of causes of mortality and morbidity including:
  - Traffic accidents
  - Suicide and
  - Poisoning.
- All injuries are considered to be preventable, which can add to the impact that they have on individuals. Although death rates from injury have decreased significantly over the past 20 years, it is still the leading cause of death for youth in Australia (AIHW, 2008).

- **Transport accidents (largely motor vehicle accidents) were the most common external cause of injury for males (figure 5.6), and intentional self-harm was the most common cause for females.**

***PLAY!***

# TODAY'S LESSON

**Title:** Health issues for Australia Youth

**Success Criteria:**

- I can understand key health issues facing Australia's youth — tobacco smoking, alcohol use, illicit substance use, sun protection and sexual and reproductive health.



■ **Developing independence increases the opportunity for decision making, which can, in turn, increase risk-taking behavior.**

■ **Brain development**

■ **substance use**

■ **Peer group**

■ **The media and other social pressures**

**Can play a role in the high rates of injuries experienced among youth.**

# WATCH



# ACTIVITY

- In pairs brainstorm what you believe are the main health issues for youth.
- After you have created your list put a tick next to any that apply to you.

# KEY HEALTH ISSUES FACING AUSTRALIAN YOUTH

- Tobacco smoking
- Alcohol use
- illicit substance use
- Sun Protection

# WATCH



# ALCOHOL USE

- Youth is a stage when many people experiment with alcohol consumption.
- Excessive alcohol intake — such as **binge drinking** — during youth is associated with higher rates of injury deaths and violence, can impact on brain development, and increases the risk of alcohol-related problems later in life.

- In order to reduce the risks associated with alcohol consumption, the Department of Health and Ageing recommends that men and women should not consume more than:
- two standard drinks on any day (to reduce lifetime risk)
- four standard drinks on any one day (to reduce short-term risks).

# LET'S TALK

Do you agree with parents allowing youth to drink alcohol?



# ILLICIT SUBSTANCE USE

- Youth is a common time to experiment with drugs and other substances.

Some of the common substances used during youth include:

- Marijuana
- Amphetamines (including ecstasy and crystal meth)
- Cocaine
- Heroin.

# LET'S TALK

**Why do you believe young people may experiment with illicit drug use?**

**The reasons for trying drugs are complex. Like most risk-taking behaviours, drug use arises from a combination of factors including:**

- Curiosity
- Peer pressure
- To feel better
- To do something exciting
- Traumatic experience
- Family, relationship, work or school problems
- To enhance an experience.
- To lose weight

# YOUR TASKS FOR TODAY

## Tobacco Smoking

- Activity 6.3 page 154

## Alcohol use

- Case Study Bingeing women 'take risks'

## Illicit substance use

- Activity 6.4 page 157

# SUMMARISE YOUR LEARNING

Brainstorm a list of determinants that could decrease the risk of tobacco smoking, alcohol use or illicit substance use.

# SUN PROTECTION

**Skin cancer can have many impacts on health and individual human development among youth.**

- **Having skin cancers removed can leave scarring, which can impact on self-esteem.**
- **The danger of skin cancer reoccurring can lead to stress and anxiety.**
- **Time in hospital can lead to school absence, which impacts on social health and intellectual development.**

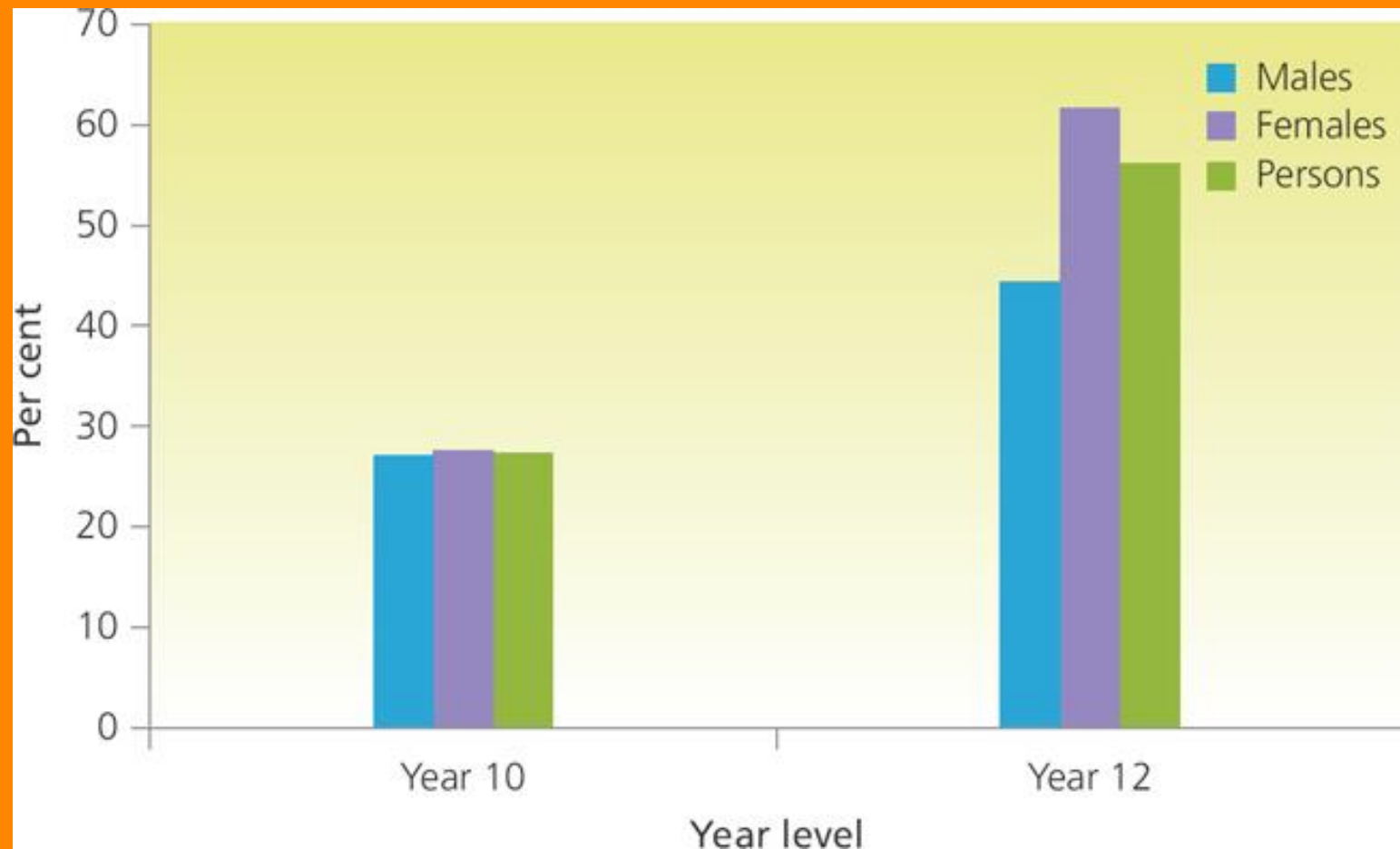
# SEXUAL AND REPRODUCTIVE HEALTH

- If youth participate in unsafe sex, they may expose themselves to:
- A range of sexually transmissible infections (STIs).
- Unwanted pregnancy

Many of these conditions, such as chlamydia and syphilis, can have long-term effects on health and development if not treated. Treatment is often not sought as the condition may not have obvious symptoms.

Other STIs, such as herpes and human immunodeficiency virus (HIV), are incurable and can impact on health throughout the rest of the individual's life.

**FIGURE 5.12 PROPORTION OF STUDENTS IN YEARS 10 AND 12 WHO HAVE EVER HAD SEXUAL INTERCOURSE, 2008**





# TODAY'S LESSON

**Title:** Health issues for Australia Youth

**Success Criteria:**

- I can understand key health issues facing Australia's youth —  
Anxiety and Depression

- Mental health issues affect a large number of Australians over the course of their lives, and many of these issues have their origins in the youth stage of the lifespan.
- The term 'mental illness' is an umbrella term that encompasses a number of conditions, including anxiety and depression. These conditions can affect the way a person thinks, acts and feels. Such conditions are also referred to as 'mental disorders' (figure 5.15). These disorders have a set of symptoms that can be used to diagnose and subsequently treat the condition.

# MENTAL ILLNESSES & DISORDERS



Research using your netbooks to complete the table below

Mental illness	Description	Sign and symptoms	Treatment
Anxiety			
Eating disorder			
ADHD			
Schizophrenia			
Depression			
Bipolar disorder			

# THE INCIDENCE, PREVALENCE AND TRENDS OF MENTAL ILLNESS

- According to the Australian Bureau of Statistics, in 2007 about one in four 16–24 year olds had symptoms of a diagnosed mental illness in the previous 12 months.
- However, up to 70 per cent of young people do not seek help when they are feeling mentally unwell ([headspace.com](http://headspace.com)) So the rates may be higher than reported.

# THE IMPACT OF ANXIETY AND DEPRESSION ON HEALTH

Physical Health	Social Health	Mental Health
<p><b>Self-harm –</b> people suffering from depression may be prone to hurting themselves.</p> <p><b>Lack of sleep</b></p> <p><b>Lack of physical activity –</b> withdraws from regular activities means that the body is not in an optimal health</p> <p><b>Substance and alcohol abuse –</b> more likely to use drugs and alcohol, which can affect the body systems</p>	<p><b>Social isolation –</b> with remove themselves from social interactions. This may impact on their friendship network</p> <p><b>Strained family relationships –</b> family life may be interrupted. Family bonds might become weaker as a result</p>	<p><b>Poorer quality of life –</b> often back away from the things in life that use to make them happy. This can lead to a lower quality of life and a continuing cycle of negative thoughts that can contribute to an increased risk of suicide and self harm</p>

# THE IMPACT OF ANXIETY AND DEPRESSION ON DEVELOPMENT

Physical Development	Social Development	Emotional Development	Intellectual development
<p><b>Impaired development from lack of nutrients</b> Youth at this stage of rapid. If youth suffer from a lack of appetite they may not get adequate nutrients to meet requirements</p> <p><b>Lack of Physical activity</b> – may impact on bone density and growth as weight bearing exercise is important for strong bones</p>	<p><b>Forgone social experiences</b> – If they miss out on associating with the opposite sex, attending formal their social skills may not develop as well as they could have</p>	<p><b>Impact on self-esteem and confidence</b> – are less likely to be employed. Employment can promote feelings of satisfaction and can lead to more positive self-concept. Unemployment can have the opposite effect</p>	<p><b>Higher school dropout rates</b> – youth suffering from Mental illness are less likely to finish secondary school. Many important skills that are normally learned at school may not be attained. <b>Lack of concentration at school</b> – May not be able to concentrate and complete homework tasks that effects their intellectual</p>

# THE IMPACT OF ANXIETY AND DEPRESSION ON DETERMINANTS

Biological	Behavioural	Physical	Environmental
<p><b>Genetic factors</b> – those with family history of mental illness are more likely to develop a mental illness</p> <p><b>Body Weight</b> – those who are overweight and/or obese are more likely to develop anxiety and depression</p>	<p><b>Substance use</b> – is of illicit drugs is linked to depression</p> <p><b>Food intake</b> – adequate nutrition acts to keep the body and mind in optimal condition</p> <p><b>Physical Activity</b> – been shown to reduce feelings of stress, depression and anxiety</p>	<p><b>Access to recreational facilities</b> – youth without access to recreational facilities may not have opportunities for physical activity</p> <p><b>Work environment</b> – an unsafe work environment can increase the risk of injury</p>	<p><b>Family situation</b> – a supportive family free from conflict and abuse is a protective factor for anxiety and depression</p> <p><b>Socio economic situation</b> - those in lower socioeconomic situations are more likely to develop anxiety and depression</p>



# YOUR TASK

- Pick another Health issue from your first research table.
- Complete the following table using depression and anxiety as an example

Impact on Health	Impact on Development	Impact on Determinants
Physical Health -	Physical development -	Biological -
Social Health -	Social Development -	Behavioural -
Mental Health -	Emotional development -	Physical -
	Intellectual development -	Environmental -

# PROGRAMS TO ADDRESS ANXIETY & DEPRESSION

- Mental illnesses such as anxiety and depression have been increasingly in the public spotlight in recent years. Despite this, many young people suffering from these conditions do not seek or receive help.

# SANE AUSTRALIA

- **SANE Australia is a national charity working for a better life for people affected by mental illness, including anxiety and depression. Through education and campaigning, SANE aims to assist those with mental illness as well as their families. SANE provides a helpline for those dealing with mental illness and educational resources such as books, DVDs and online resources.**

# YOUTH BEYOND BLUE

- Youthbeyondblue is the youth arm of *beyondblue: the national depression initiative* and focuses on young people aged 12 to 25 years. Youthbeyondblue aims to raise awareness of depression and anxiety by reassuring young people that it's okay to talk about depression and anxiety, and to get help when it's needed.

- Youthbeyondblue provides an informative website with information for young people about depression, anxiety and related disorders and where to get help. It also sponsors events throughout the community in order to raise awareness about mental health issues.



# STRATEGIES TO ADDRESS YOUTH HEALTH ISSUES

- See page 176 for a list of strategies to address the issues we have been discussing.

- **Complete Activity 6.11 page 179**

# COMPLETE CHAPTER 6 SUMMARY, EXTENSION & EXAM PAGES 188-189

